



CIVIL AIR PATROL - NORTHEAST REGION
UNITED STATES AIR FORCE AUXILIARY
PO Box 2379
SOUTH PORTLAND, ME 04116-2379



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Director of Safety

Paul Mondoux Lt Col, CAP
pmondoux@ner.cap.gov
Cell: 603-759-0178

- NER Website
<http://www.ner.cap.gov/>
- National Safety Pages
<http://members.gocivilairpatrol.com/safety/>

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Happy SAFE Holiday's

Here we are again another year is coming to a close. There is much to reflect on looking over this past year but for now during this time of year and for many the winter holidays are a time for celebration which means more cooking, home decorating, entertaining, increased risk of fire and accidents. We all want to have a Safe Holiday Season so Here are some tips to help you stay Safe.

Holiday Lighting

Use caution with holiday decorations and, whenever possible, choose those made with flame-resistant, flame-retardant and non-combustible materials.

Keep candles away from decorations and other combustible materials, and do not use candles to decorate Christmas trees.

Carefully inspect new and previously used light strings, and replace damaged items before plugging lights in.

Don't mount lights in any way that can damage the cord's wire insulation

Keep children and pets away from light strings and electrical decorations.

Before using lights outdoors, check labels to be sure they have been certified for outdoor use.

Decorations

Use only non-combustible and flame-resistant materials to trim a tree.

Choose tinsel and artificial icicles of plastic and non-lead metals.

Never use lighted candles on a tree or near other evergreens. Always use non-flammable holders, and place candles where they will not be knocked down.

In homes with small children, take special care to avoid decorations that are sharp and breakable, and keep trimmings with small removable parts out of the reach of children.

Holiday Entertaining

Unattended cooking is the leading cause of home fires in the U.S. When cooking for holiday visitors, remember to keep an eye on the range.

If you permit Smoking in your Home provide plenty of large, deep ashtrays, and check them frequently. Cigarette butts can smolder in the trash and cause a fire, so completely douse cigarette butts with water before discarding.

Test your smoke alarms, and let guests know what your fire escape plan is.

Trees

When purchasing an artificial tree, look for the label "fire-resistant."

When purchasing a live tree, check for freshness. A fresh tree is green, needles are hard to pull from branches, and when bent between your fingers, needles do not break.

When setting up a tree at home, place it away from fireplaces, radiators and portable heaters. Place the tree out of the way of traffic and do not block doorways.

Cut a few inches off the trunk of your tree to expose the fresh wood. This allows for better water absorption and will help to keep your tree from drying out and becoming a fire hazard.

Be sure to keep the stand filled with water, because heated rooms can dry live trees out rapidly.

Make sure the base is steady so the tree won't tip over easily.

Children and Pets

Poinsettias are known to be poisonous to humans and animals, so keep them well out of reach, or avoid having them.

Keep decorations at least 6 inches above the child's reach.

Avoid using tinsel. It can fall on the floor and a curious child or pet may eat it. This can cause anything from mild distress to death.

Keep any ribbons on gifts and tree ornaments shorter than 7 inches. A child could wrap a longer strand of ribbon around their neck and choke.

Season's Greetings



Carbon monoxide is known as "the silent killer." You cannot see it, smell it or taste it. CO claims the lives of nearly 300 people in their homes each year according to the U.S. Consumer Product Safety Commission (CPSC). CO is a deadly gas that is produced by fuel-burning heating equipment, such as furnaces, wood stoves, fireplaces, and kerosene heaters. Carbon monoxide is known as "the silent killer." You cannot see it, smell it or taste it. CO claims the lives of nearly 300 people in their homes each year according to the U.S. Consumer Product Safety Commission (CPSC). CO is a deadly gas that is produced by fuel-burning heating equipment, such as furnaces, wood stoves, fireplaces, and kerosene heaters.

Have a trained professional inspect, clean and tune-up your home's central heating system and repair leaks or other problems. Fireplaces and woodstoves should also be inspected each year and cleaned or repaired as needed.

Keep gas appliances properly adjusted and serviced.

Never use an oven or range to heat your home.

Never use a gas or charcoal grill inside your home or in a closed garage.

Portable electric generators must be used outside only. Never use them indoors, in a garage or in any confined area that can allow CO to collect. Follow usage directions closely.



SAFE WINTER WALKING FOR ALL



OK we need to review this again. It is getting cold and with that there are things we have to be concerned with.

Slipping and falling can result in serious injuries which can be avoided with a little forethought.

Walking to and from your plane, car, from parking lots and between buildings during the winter requires special attention to avoid slipping and falling.

We often forget how dangerous slipping and falling can be. The National Safety Council estimates that occupational falls cause more than 1500 deaths per year, along with approximately 300,000 injuries.

No matter how well the snow and ice is removed from streets and sidewalks, All will encounter some slippery surfaces when walking outdoors in the winter. Each year numerous people are injured from slips and falls. It is important to be continually aware of the dangers and to walk safely on ice and slippery surfaces.

Plan ahead; give yourself sufficient time and plan your route.

Wear shoes or boots that provide traction on snow and ice: rubber and neoprene composite. Avoid plastic and leather soles.

Use special care when entering and exiting vehicles; use the vehicle for support.

Walk in designated walkways as much as possible. Taking shortcuts over snow piles and areas where snow and ice removal is not feasible can be hazardous. Look ahead when you walk; a sidewalk completely covered with ice may require travel along its grassy edge for traction.

When given no choice but to walk on ice, consider the following: z

Take short steps or shuffle for stability.

Bend slightly, walk flat-footed with your center of gravity directly over the feet as much as possible.

Be prepared to fall.

If you fall, fall with sequential contacts at your thigh, hip, and shoulder to avoid using your arms to protect against breakage.



Bend your back and head forward so you won't slam your head on the pavement as your feet shoot out from under you

TIPS

- 1) Use appropriate footwear - In icy weather, ladies should leave the heels at home. Ideally, wear boots or shoes with a good grip and strong soles. Shoes with built-in support at the ankles will protect you from potential ankle injuries should you fall.
- 2) If the icy area is at your own property, use rock salt or even table salt to sprinkle on the affected area. This will melt and loosen the ice.
- 3) If the ice is not on your own property, you can wet the soles of your shoes and sprinkle salt on them. This should melt some of the ice as you walk and help to prevent slipping.

Finally, when entering buildings, remove snow and water from footwear to prevent creating wet slippery conditions indoors.



Yearly Unit Safety Survey



According to CAPR 62-1

Each safety officer shall complete the on-line Safety Survey no later than 31 January of each year.

Items to be addressed in this survey shall include, but are not limited to, those listed in the on-line Safety Survey found in e-Services.

Once completed, this report will be sent automatically to the safety officer and the commander at the next higher echelon

All should start now and get the reports submitted.

Driving conservatively, keeping plenty of space between cars and allowing for longer stopping distances will help keep you driving straight on slick roads. But if your car begins to spin out of control, here's what you should do:

When you begin to skid, take your foot off the gas and shift to neutral, quickly. Then steer in the direction you want your car to go. Before the rear wheels stop skidding, shift to drive and gently press the accelerator. Do not slam on the brakes.

Black ice -- the unseen danger of winter driving

Black ice is an age-old winter phenomenon that has sent many a driver skidding and sliding down what looked like a dry road. It can appear to be a spot of moisture on a road, or may have a slight glisten on black asphalt. Make no mistake though this thin ice is very slick, and can cause a car to skid rapidly on it. Drive carefully on roads where snow banks have melted throughout the day, and exercise caution when driving under bridges and overpasses.



What can a person do to prepare for black ice?

Look for signs of ice other than on the roadway. Look for ice on windshield wipers or side view mirrors, on road signs, trees or fences along the highway. If ice is forming on any of those things, it's possible that it may be on the road as well.

But don't let that be the only guide. Ice may not have formed on anything but the road. For example, it may have been a warm day which melted the snow and then froze as ice after the temperature dropped at night. In other cases there may be ice in shaded areas, such as cuts through hills and along banks.

Another good tip for winter driving is to listen to the radio for reports on the temperature outside. When the roads have been wet and the temperature drops below freezing, ice can form quickly. If a person must drive frequently in winter weather, it is a good idea to install an outdoor thermometer in the car, allowing the driver to monitor the outside temperature.

This is also the type of weather when it is especially important to watch for those signs reminding drivers that bridges freeze before roads. These signs warn drivers there is a bridge ahead and gives them time to slow down so they have better control.

Remember, if a person lives in an area where frost occurs, black ice is always a possibility. Use extreme caution when driving on cold mornings where there is evidence of frozen moisture on the roadway

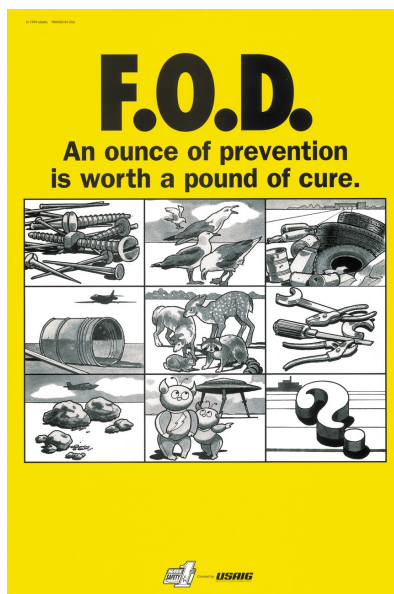


GENERAL AVIATION SAFETY—REVIEW

Foreign Object Damage (FOD) is damage caused by **Foreign Object Debris** (also abbreviated FOD), i.e. a substance, debris or article alien to a vehicle or system that has potential to cause damage. Foreign Object Damage is any damage attributed to a foreign object (i.e. any object that is not part of the vehicle) that can be expressed in physical or economic terms and may or may not degrade the product's required safety or performance characteristics. FOD is an abbreviation often used in aviation to describe both the damage done to aircraft by foreign objects, and the foreign objects themselves.

In aviation, FOD means Foreign Object Damage, e.g., what happens when a jet engine sucks up a rock on the runway or a bird in flight. Finger of Death is a distressingly apt description of what this generally does to the engine

"Internal FOD" is used to refer to damage or hazards caused by foreign objects inside the aircraft. For example, "Cockpit FOD" might be used to describe a situation where an item gets loose in the cockpit and jams or restricts the operation of the controls. "Tool FOD" is a serious hazard caused by tools left inside the air-



craft after manufacturing or servicing. Tools or other items can get tangled in control cables, jam moving parts, short out electrical connections, or otherwise interfere with safe flight. Aircraft maintenance teams usually have strict tool control procedures including toolbox inventories to make sure all tools have been removed from an aircraft before it is released for flight. Tools used during manufacturing are tagged with a serial number so if they're found they can be traced.

FOD costs the aerospace industry US\$ 1.1–2 billion per year in direct costs, and as much as ten times that amount in indirect costs from delays, aircraft changes, incurred fuel costs, unscheduled maintenance, and the like for a

total of \$12 billion per year and causes expensive, significant damage to aircraft and parts and death and injury to workers, pilots and passengers.

It is estimated that FOD costs major airlines in the United States \$26 per flight in aircraft repairs, plus \$312 in such additional indirect costs as flight delays, plane changes and fuel inefficiencies.

Don't assume everyone knows what Foreign Object Damage is

CHICKEN WINGS

BY MICHAEL AND STEFAN STRASSER



How to Treat a winter cold

Winter is one of the most common seasons for people to develop irritating colds. It doesn't take much to catch one of these but by enforcing prevention you can keep yourself from developing winter colds. Treating a winter cold is just like many other common colds and with the proper care you'll be feeling better in no time.

Practice good hygiene. Continuously washing your hands and frequently disinfecting surfaces can help you treat your winter cold. You can use spray sanitizer for your hands, just make sure it notes somewhere on the bottle that it helps kill viruses. Many people do this because their hands become rather dry from washing them so often. Use a disinfectant like Lysol to disinfect all the surfaces that you or any sick family members commonly touch. This could be door handles, and especially surfaces in The help reduce the spread of Germs

Exercise and rest. Exercise may be the last thing on your mind when you have a winter cold but it can actually benefit you. Plenty of rest will help also so try to catch some sleep every chance you get

Continue healthy eating habits. You may not feel like eating, but eating nutritiously can help you treat that winter cold. Consume lots of fresh fruits and vegetables to give your body the nutrients it needs to fight off the cold

Avoid damaging lifestyle habits. If you smoke you should avoid any tobacco use. If you drink you want to avoid consuming any alcohol. The hardest thing to avoid is stress but undergoing more stress than usual can actually make your winter cold worse. Try to relax and avoid any other stress that may come your way while you are under the weather.



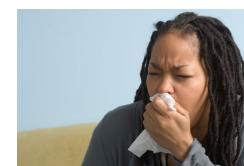
Take the proper medicine. For a winter cold you want to choose a medicine that will target the specific problems you are suffering from. Choose nasal decongestants and cough suppressants to help treat the winter cold. Always follow the directions on the label of the medicine and if you aren't getting any results after the suggested amount of days, you might consult your doctor or switch medicines.

Wash Your Hands



Most cold and flu viruses are spread by direct contact. Someone who has the flu sneezes onto their hand, and then touches the telephone, the keyboard, a kitchen glass. The germs can live for hours -- in some cases weeks -- only to be picked up by the next person who touches the same object. So wash your hands often. If no sink is available, rub your hands together very hard for a minute or so. That also helps break up most of the cold germs. Or rub an alcohol-based hand sanitizer onto your hands

Don't Cover Your Sneezes and Coughs With Your Hands



Because germs and viruses cling to your bare hands, muffling coughs and sneezes with your hands results in passing along your germs to others. When you feel a sneeze or cough coming, use a tissue, then throw it away immediately. If you don't have a tissue, cough or sneeze into the inside of your elbow.

Don't Touch Your Face



Cold and flu viruses enter your body through the eyes, nose, or mouth. Touching their faces is the major way children catch colds, and a key way they pass colds on to their parents.

Drink Plenty of Fluids

Water flushes your system, washing out the poisons as it rehydrates you. A typical, healthy adult needs eight 8-ounce glasses of fluids each day. How can you tell if you're getting enough liquid? If the color of your urine runs close to clear, you're getting enough. If it's deep yellow, you need more fluids.

Winter Power Outage Tips

Before an Outage

- Check flashlights and battery-powered portable radios to ensure that they are working, and you have extra batteries. A radio is an important source of weather and emergency information during a storm.
- Have sufficient heating fuel, as regular sources may be cut off. Have emergency heating equipment and fuel (a gas fireplace, wood burning stove or fireplace) so you can keep at least one room livable. Be sure the room is well ventilated.
- Make sure your home is properly insulated. Caulk and weather-strip doors and windows to keep cold air out.
- Install storm windows or cover windows with plastic from the inside to provide insulation.
- To keep pipes from freezing, wrap them in insulation or layers of newspapers, covering the newspapers with plastic to keep out moisture.
- Let faucets drip a little to avoid freezing.
- Know how to shut off water valves.
- If pipes freeze, remove insulation, completely open all faucets and pour hot water over the pipes, starting where they are most exposed to the cold. A hand-held hair fryer, used with caution, also works well.
- If your water supply could be affected (a well-water pump system), fill your bathtub and spare containers with water. Water in the bathtub should be used for sanitation purposes only, not as drinking water.
- Pouring a pail of water from the tub directly into the bowl can flush a toilet.
- Set your refrigerator and freezer to their coldest settings (remember to reset them back to normal once power is restored). During an outage, do not open the refrigerator or freezer door. Food can stay cold in a full refrigerator for up to 24 hours, and in a well-packed freezer for 48 hours (24 hours if it is half-packed).
- If you have medication that requires refrigeration, check with your pharmacist for guidance on proper storage during an extended outage.

Review the process for manually operating an electric garage door.

During an Outage

- Dress for the season, wearing several layers of loose fitting, lightweight, warm clothing, rather than one layer of heavy clothing. The outer garments should be tightly

woven and water repellent.

- Mittens are better than gloves.
- Wear a hat; most body heat is lost through the top of the head.
- Cover your mouth with a scarf to protect your lungs.
- Watch for signs of frostbite: loss of feeling and white or pale appearance in the extremities such as fingers, toes, ear lobes or the tip of the nose. If symptoms are detected, seek medical help immediately.
- Watch for signs of hypothermia: uncontrollable shivering, memory loss, disorientation, incoherence, slurred speech, drowsiness and apparent exhaustion. If symptoms are detected, get the victim to a warm location, remove any wet clothing, warm the center of the body first and give warm, non-alcoholic beverages, if the victim is conscious. Get medical help, as soon as possible.
- Snowdrifts can be used as a makeshift freezer for food. (Be aware of attracting animals).
- Snow can be melted for an additional water source.
- In order to protect against possible voltage irregularities that can occur when power is restored, you should unplug all sensitive electronic equipment, including TVs, stereo, VCR, microwave oven, computer, cordless telephone, answering machine and garage door opener.

After an Outage

- Be extra cautious if you go outside to inspect for damage after a storm. Downed or hanging electrical wires can be hidden by snowdrifts, trees or debris, and could be live. Never attempt to touch or moved downed lines. Keep children and pets away from them.
- Check with/help neighbors.
- Continue to stay off streets.
- Do not touch anything power lines are touching, such as tree branches or fences. Always assume a downed line is a live line. Call your utility company to report any outage-related problem.

COLD STRESS

People who are exposed to extreme cold or work in cold environments may be at risk of cold stress. This holds true for many of our Activities within CAP during the Winter months. Extreme cold weather is a dangerous situation that can bring on health emergencies in susceptible people, such as those without shelter, outdoor workers, and those who work in an area that is poorly insulated or without heat. Whenever temperatures drop decidedly below normal and as wind speed increases, heat can more rapidly leave your body. These weather-related conditions may lead to serious health problems

Hypothermia

When exposed to cold temperatures, your body begins to lose heat faster than it can be produced. Prolonged exposure to cold will eventually use up your body's stored energy. The result is hypothermia, or abnormally low body temperature. A body temperature that is too low affects the brain, making the victim unable to think clearly or move well. This makes hypothermia particularly dangerous because a person may not know it is happening and will not be able to do anything about it.

Symptoms

Symptoms of hypothermia can vary depending on how long you have been exposed to the cold temperatures.

Early Symptoms

Shivering
Fatigue
Loss of coordination
Confusion and disorientation

Late Symptoms
No shivering
Blue skin
Dilated pupils
Slowed pulse and breathing
Loss of consciousness



First Aid

Take the following steps to treat a worker with hypothermia:
Alert the supervisor and request medical assistance.
Move the victim into a warm room or shelter.

Remove their wet clothing.

Warm the center of their body first—chest, neck, head, and groin—using an electric blanket, if available; or use skin-to-skin contact under loose, dry layers of blankets, clothing, towels, or sheets.

Warm beverages may help increase the body temperature, but do not give alcoholic beverages. Do not try to give beverages to an unconscious person.

After their body temperature has increased, keep the victim dry and wrapped in a warm blanket, including the head and neck.
If victim has no pulse, begin cardiopulmonary resuscitation (CPR)

Frostbite



Frostbite is an injury to the body that is caused by freezing. Frostbite causes a loss of feeling and color in the affected areas. It most often affects the nose, ears, cheeks, chin, fingers, or toes. Frostbite can permanently damage body tissues, and severe cases can lead to amputation. In extremely

cold temperatures, the risk of frostbite is increased in workers with reduced blood circulation and among workers who are not dressed properly.

Symptoms

Symptoms of frostbite include:

- Reduced blood flow to hands and feet (fingers or toes can freeze)
- Numbness
- Tingling or stinging
- Aching

Bluish or pail, waxy skin

First Aid

Workers suffering from frostbite should:

- Get into a warm room as soon as possible.
- Unless absolutely necessary, do not walk on frostbitten feet or toes—this increases the damage.
- Immerse the affected area in warm—not hot—water (the temperature should be comfortable to the touch for unaffected parts of the body).
- Warm the affected area using body heat; for example, the heat of an armpit can be used to warm frostbitten fingers.
- Do not rub or massage the frostbitten area; doing so may cause more damage.

Do not use a heating pad, heat lamp, or the heat of a stove, fireplace, or radiator for warming. Affected areas are numb and can be easily burned.

Chilblains

Chilblains are caused by the repeated exposure of skin to temperatures just above freezing to as high as 60 degrees F. The cold exposure causes damage to the capillary beds (groups of small blood vessels) in the skin. This damage is permanent and the redness and itching will return with additional exposure. The redness and itching typically occurs on cheeks, ears, fingers, and toes.

Symptoms

Symptoms of chilblains include:

- Redness
- Itching
- Possible blistering
- Inflammation

Possible ulceration in severe cases

First Aid

Workers suffering from chilblains should:

- Avoid scratching

Slowly warm the skin

Use corticosteroid creams to relieve itching and swelling

Keep blisters and ulcers clean and covered

<http://www.cdc.gov/>

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PO Box 2379
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Lt Col Paul Mondoux
NER Director of Safety

Phone: 603-759-0178
E-mail: pmondoux@ner.cap.gov

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Fireplaces

Before lighting any fire, remove all greens, boughs, papers and other decorations from fireplace area. Check to see that the flue is open.

Do not burn wrapping papers in the fireplace. A flash fire may result as wrappings ignite suddenly and burn intensely.

Toys and Ornaments

Purchase appropriate toys for the appropriate age. Some toys designed for older children might be dangerous for younger children.

Electric toys should be UL/FM approved.

Toys with sharp points, sharp edges, strings, cords, and parts small enough to be swallowed should not be given to small children.

Place older ornaments and decorations that might be painted with lead paint out of the reach of small children and pets.

Remember—Remember –Remember

We take Safety very seriously and Safety is an everyday thing that needs to be included in everything that we do. Safety can not be neglected or bypassed just because it is more convenient to do so.

BE SAFE

SafeTips

Scams and fraud



Opportunities to be swindled abound during the holiday season, as frenzied shoppers look to snag the hot new toy or show their generous spirit.

Fake shopping websites

If prices on a site you've never heard of seem too good to be true, do a little homework before entering any credit card information. The BBB gets complaints every holiday season from shoppers who say they found great deals online, but never got the items they paid for.

Fishy online sellers

A hot holiday toy or gadget is sold out, but you find it for sale on a site like Craigslist. To prevent being taken in by scam artists, the BBB suggests arranging the transaction in person. If the site offers user ratings, carefully read the reviews on the seller.

Bogus charity pleas

Scammers tug on heart strings during the

holidays to elicit donations for their own profit. Before making a donation, be sure you're familiar with the organization and how it distributes funds.

Phishing e-mails

These are e-mails sent by hackers seeking personal information, such as bank account passwords, usually under the guise of a legitimate organization. Some common phishing ploys to watch for around for this time of year include holiday e-cards and messages pretending to be from companies such as FedEx with links to package tracking information.

Identity theft

It's easy to misplace belongings when you're out and about and juggling multiple shopping bags. But losing your credit and debit cards can lead to the prolonged headache of identity theft. To save yourself the grief, make sure your wallet is tucked away in a secure place before you head out.

